Fresh and Young

Don't Spoil a Good Meal With a Bad Stomach

It is really a pitiful sight to see so about what they can eat and what they can't eat. Dyspeptics, they call themselves, but

they stretch the imagination when they do it. All these people need to make them heaithy, cheerful and of sound appe-

tite is a box of Mi-O-Na Tablets.

Peoples Drug Stores and leading keep body and soul together. And all druggists everywhere sell Mi-O-Na on of them are weak from years of

Ends Catarrh or money back. Just breathe it in. Outfit includes inhaler.

Extra bottles at all druggists.

SULPHUR CLEARS UP ROUGH OR RED SKIN

Face, Neck, and Arms Easily

Any breaking out of the skin. even fiery, itching eczema, can be quickly overcome by applying a little Menthe-Sulphur, declares a noted skin specialist. Because of its ger destroying properties, this sulphur preparation begins at once to soothe ir. ated skin and heal eruptions such as rash, pimples and ring

It seldom fails to remove the tor-ment and disfigurement, and you do not have to wait for relief from embarrassment. Improvement quickshows. Sufferers from skin trou e should obtain a small jar o Mentho-Sulphur from any good druggist and use it like cold cream.

FXLFK12

for

MEN, WOMEN and CHILDREN

Washington

Representing

W. S. RICE

Adams, N. Y.

Our experts, A. R. Perkins, M. D., and Miss S. P. Meegan, will be at the National Hotel, Washington, D. C., December 2, 3, and 4. Every musical extravaganza of burlesque ruptured man, woman and child toned down in dialogue, but beautifishould take advantage of this op- open in a Chinese laundry and de

now see this method demonstrated and pretty girls.

Arthur Finn and company, with and have a Rice Appliance fitted to "Bagpipes in the Trenches." an amus-you. Absolutely no charge unless ors with the headliner. you are satisfied to keep the Outfit Other acts include Legal and comafter having the Appliance adjusted and you see how perfect'y and the Cosmos, while Jimmy ca and comfortably it holds. No harsh, Clara Carroll, with "Rag Ends and Tag Ends of Songs and Smiles," stand deep-pressing springs; nothing to out well in the entertainment. gouge the flesh and make you sore. Goldie and Ward do some clever Can be worn night and day with bird imitations and Peyton and Ward positive comfort. Soft, rubber-like of jaz acrobatics in the form of dancing that makes their act one of pressure required.

Don't wear a truss all your life cures through using the Rice Method. Why suffer the burden of rupture if there is a chance to be free from truss-wearing forever? Anyway, it will cost you nothing to some in and see my representative at the National Hotel. Miss Meegan has separate apartments and will personally attend all lady callers. Heart," combine to furnish excep-Office hours 9 to 12 A. M., 2 to 5 Consily good entertainment at the Office hours 9 to 12 A. M., 2 to 5 P. M., evenings, 7 to 9.

Don't miss this great opportunity to see these Experts on Hernia.

W. S. RICE, Adams, N. Y.

Keep Your Skin NARVA CENTER FOR

Thousands of Prisoners on Way There Where Organizations Care for Them.

BERLIN, Nov. 30.—When Peter the Great of Russia built a fortress at Narva on the border of what is now Esthonia, and called it "Hunger Fortress," he could not foresee that he day would come when thousands of wretched men and women would many thousands of people worrying there learn for the first time in many months or even years what it means not to be hungry. Yet that is what the developments of the last months

have brought to pass. It is at Narva that the returning prisoners from Siberia—prisoners of war and also civilians—are cared for until they can be sent to their homes Narva means for them the beginning of the end of their sufferings. Not The stomach of a dyspeptic is overworked and run down. It needs help to digest the food, but more than that it needs a prescription that will cleanse, renovate, strengthen and put elastricity into the stomach walls.

Mi-O-Na is the prescription that will do this and do it so promptly that you'll wonder why you didn't try it before.

It stops belching of gas and distress after eating in five minutes, It is undoubtedly the greatest stomach tenic ever given to the public by a special ist in stomach diseases.

Peoples Drug Stores and leading of them are weak from years of hunger and other privations and many are diseased.

AMERICAN WORK VOLUNTARY. It is the recently organized Fridtjo' Nanson Relief that is directing the vork. Committees from the Centra' Powers are assisting, the Russian Sovict Government has thus far worked loyally with the organization, and America is represented by Y. M. C. A-men. The American work is volunary, and the expenses are borne by he Y. M. C. A. alone, for the Amercan Government shares with the French Government the distinction having refused to have anything to do with Nansen's scheme. Washington was afraid that the funds France demanded, as a condition precedent to helping, that assurances be given that all French prisoners would be moved before anybody else was at tended to. Such assurances could not be given. England is helping on the work, which is being chiefly sup-Made Smooth, Says Specialist | ported by the Central Powers and the neutrals, including especially Scandi-

THOUSANDS OF PRISONERS. It is difficult to ascertain the number of prisoners in Siberia. It is hoped that there are not more than 80,000, but this figure is largely guesswork. There are some women and children among these. The prisoners belong to at least ten different nations, now that their former countries have been split up and divided by the Peace of Versailles. Most of them will have to spend the coming

AT THE THEATERS

Winter in Russia.

furner and Charlie Ward. The chous is good and the show is handomely outfitted. Among the several specialties in-troduced the harp solos of Marie Parks merited the applause given the lainty little performer.

JIMMIE COOPER AND HIS **'BEAUTY REVUE' AT FOLLY**

well feel assured of a good, rollick-ing burlesque show this week, as Jimmie Cooper and his "Feauty Revue" hold the boards. It is a big jey jubilee, full of real comedy situations and snappy, tuneful song hits. The scenery and costumes are bright and elaborate, and display good judgment and taste in their selections. There is introduced a scene called "The Moving Picture Stars' Revue,"

a scene in a Turkish bath, and a dra-

natic hit, "The Penalty." The company supporting Mr. Cooper, who has earned stellar ionors, include beautiful Ada Lum. the Chinese-American prima donna, in he principal feminine part: dainty Princess Livingston, and shapely Rose Hemly, Marty Collins, Eddie Hall, Johnny Bell, Bernie Green, and reduction of 2 cents a dozen on small a large chorus of youthful beauties.

"PEARLS OF PEKIN" IS HEADLINER AT COSMOS

"The Pearls of Pekin." the headline attraction at the Cosmos Theater this week has all the earmarks of the velop into a multi-colored cabaret, The Rice Method for Rupture is acter comedian; Belle White and Es the world over. You can telle Estee, with a galaxy of stately

pany in one of the most amusing fake trick acts that has ever appeared at

the strongest of the bill.

Anita Stewart in "Harriet the and Buster Keaton in "One thousands have reported Week," an amusing comedy with the

"GIRL OF MY HEART"

An excellent vaudeville program end the premier showing in Wash 'naton of Shirley Mason in her latest Strand Theater this week, the bill a presented vesierday to continue through Sunday next. Josie Flynn's shion Minstrels are offered as the cadine atriaction of the vaudeville Merings, Beautifully staged and sturned and presenting a septette

of clever and charming girls, every

BRIG. GEN. CORNELIUS VANDERBILT, of New York, mentioned as Presidentlect Harding's choice as United States Ambassador to France. General Vanderbilt served with the Twen'y-sev-enth Division in France and Belgium.



one of whom in addition to being most classy to look at, can sing and ance, this number with its talen. ittle comedienne as leading lady on the approval of all present from he very start and will undoubtedly prove one of the most popular a tracons seen at the Strand this season. Cowboy Williams and Daisy open the bill with what are announced as

spectacular Western frolics, but which turn out to be one or two ongs very well sung by Miss Daisy nd feats in streng h and speed in juggling in which large steel can-non balls play an important part uring Mr. Williams' half of the act. Lee Mason assisted by Stan Scot at he piano, give a delightful little revue of songs with pianologue which as very favorably received. Rearl

Abbott and company offer an appealng little one-act comedy which is de-idedly different both from the standcoint of plot conception and dianan in "At a Hod Carrier's Meeting." made his audience a part of the meet ng, and had every one working with him before he had been on the stage very long and as a result, a good was had by all.

It is doubtful if Shirley Mason has ever been seen in a more delightfu and charming role than that of foan, a waif, in "Girl of My Heart," per latest William Fox production, which is the main attraction on the hoto-dramatic half of the program "he story depicted contains tremendous heart interest and includes a delightful love theme, as the title uggests. Based upon the experinces of an orphange girl, the story akes one to a Southern home of realth and thence to the West and ndian country, where the heroine and the young man she loves are preipitated into various perils born of ntrigue and hatred.

The details of the story's developnent are most skilfully handled and scenicly the production is all that ould be asked. Orchestral features, in which Ar-

thur J. Manvell, conductor, has in overture what is described a a trombone spasm by Hacker en-"A Slippery Place," together vith short film subjects of an interesting and amusing nature complete

PRICE OF DOUGHNUTS

BOSTON, Nov. 30 .- Doughnuts are heaper. Several bakers followed the ead of bakers in Portland, Me., who 10 per cent in prices of doughnuts, akes and cookies and have reduced ocal prices correspondingly.

One of the large system bakeries, with stores throughout the city, has reduced the price of doughnuts from 35 cents a dozen to 33 cents. Crullers are reduced from 40 cents a dozen to 35 cents. Smaller bakeries announce a cakes and daughnuts.

Inc.

GREEN'ICH REFORM

Village Is Too Bad for

Him to Picture. NEW YORK. Nov. 20 .- The utter reform of bad spots in Greenwich Richard Enright in his report, of the operations of the police department Committee on the Extension of Good

for the year 1919. The report is a book of 304 pages. sioner says, for any pen to convey an adequate chronicle of the many interesting incidents indelibly written on the blotter of the department.

on page 34, "there had grown up in Greenwich Village a series of Boiomian restaurants which had at tracted to it a host of sightseers and morbid-minded persons with a jaded appetite for sensation. Among those vho came were many of the degenerate type of both sexes, who participated in the absurd diversions offered t these places at high prices, and danced to jazz music with all of the ridiculous and sometimes suggestive and disgusting conduct which is characteristic of such resorts.

ACCUSES OUTSIDE PEOPLE.

"A Chinese funeral or a Hopi Indian snake dance would be far more interesting and entertaining, but a certain foolish and degenerate appetite for the unusual or sensational, mostly recruited from outside New York, promoted by sightseeing car grafters and other parasites, kept these places alive and proved that Barnum was right regarding the mental capacity of some people.
"These conditions immediately re-

ceived the attention of this department, with the result that several of discontinued business, while them those that remained are obliged to Premier Has Faith That His keep within the law. As they are no cater to the depraved tastes of their regular clientele, this section will soon become unattractive to the sightseer and will be restored to its previous status of a respectable residential and business neighborhood.

tributed by the commissioner. "Outward order and decency, not ong since proclaimed the highest standard of police efficiency along

these lines, have been fully susstined," he says, "and vice and gam-bling not only driven from the streets and public places but pursued to their haunts and hiding places, wherever found. We are gaining ground every day, and there is abundant proof that the city is far cleaner of a military dictatorship," the preand more wholesome in this respect mier is quoted as saying. 'You can .han ever before.'

SAYS PRESS AIDS CRIMINALS. In several places the commissioner

complains of antagonism on the part dictatorship, which served of the press. He says it published 'exaggerated stories of crime and awlessness," which served only to ful idvertise the business of the cri ninal and to attract criminals from far and Speaking of the "extraordinary resolution, energy and dency" with which the department met the difficulties of keep ng order in New York at the end of the war he says:

"Throughout this critical period. fraught with evil potentialities, the support of the press and any other of the pseudo agencis of good government' were conspicuous by their ab These very agencies, con trary to all their generally under-stood principles. . . lost no opportunity to malign, belittle and de ry the police department of th s city. although the tranquility of the latci i mained undisturbed and its citizens and visitors transacted their af have announced a cut of from 10 to fairs in the same undisturbed fashion that prevailed in the piping times of peace of 1916 and 1917.

Later he described the police department as "the most thoroughly discussed, the most generally adnired and the most viciously assailed of any department of public service. He finds that libelous attacks on the city by critics who depict it as "a modern Sodom and Gomorrah" drives many intending visitors and traders

STEAMSHIPS

STEAMSHIPS

100% American-100% Service

U.S.MAIL NEW YORK TO QUEENSTOWN STEAMSHIP -BOULOGNE-LONDON COMPANY

CREOLE STATE OLD NORTH STATE PANHANDLE STATE DEC. 11, JAN. 15 DEC. 18, JAN. 22 JAN. 1, FEB. 5

Magnificent New Steamships American-built-American-operated

First Class Only -Luxurious accommodations, outside rooms only, bedeten NEW YORK TO BREMEN

AND DANZIG DIRECT S. S. SUSOUEHANNA

Passenger Department—45 Brondway, New York City. Telephone: 1200 Whitehall. Freight Department—Stewart Bldg., Baltimore, Telephone St. Paul 4644.



Kill That Cold With



Neglected Colds are Dangerous Take no chances. Keep this standard remedy handy for the first sneeze. Breaks up a cold in 24 hours — Relieves Grippe in 3 days—Excellent for Headache Quinine in this form does not affect the head—Cascara is best Tonic Laxative—No Opiate in Hill's.

ALL DRUGGISTS SELL IT

desire for which is only in the dreams of a solitary literary man.

N. Y. Commissioner Says N. Y. Instructors of Young Idea Urged To Impress Pupils by "Dolling Up."

PHILADELPHIA, Nov. 80 .- Amer can school teachers are advised to "doll up" by the Civic Club of Phila-Village and their eventual respecta-

Citizenship and the committee further believes that a few inches off the bottom of school teachers' skirts and yet it is all too small, the commis- a few curls and fringes to the hair would not be out or place in the class So perhaps the passing of the staid

conventional dress of the school teachers will be noted in the future. "For a year or two prior to Jan- Small Johnny may be surprised, but uary 1, 1918," the commissioner says not displeased to find his teacher with ear puffs tomorrow morning. Or maybe she might have her eyebrows pulled out or her freekles removed. In any event, she will probably turn her skirt up four or five inches and sport these French shoes with the instep straps.
Incidentally they may assure the

few days ago, saying that if she didn't have a job in the school room she would bob her hair, that it will be perfectly all right to go ahead

The point made by the Civic Club vomen was the fact that more upo-date dress of teachers might serve to hold the attentions of the pupils better. Well, the pupils are only hu-

Country Will Pass Safely Through Crisis.

By EARLE C. REEVES. International News Service.

LONDON, Nov. 30 .- There is neither Praise for the police force in its a swerving toward military dictato, every activity, particularly in its ship nor a swing toward revolution handling of perplexing conditions in- in Italy, the Italian premier, Signor duced by the war, is generously dis- Gielitti, declares in an interview with correspondent of the Manchester Guardian.

There is a widespread confidence among the people of Italy, the writer declares that Giolitti is succeeding and will continue to succeed in his efforts at bringing the country safely through to recovery.

NO DICTATORSHIP. "I read that Italy is on the verge be sure that such a danger is absurd. In 1898 Italy made her and disastrous experiment in military strengthen and rejuvenate the Liberal

policy to which I consecrated my life

and work in five cabinets. I am faith-

ful to parliamentary prerogatives and during twenty years' leadership I

think I have demonstrated that the port them, and the policy of the development of the country is only present cabinet remains my former possible through civil liberty. "Some violent remains of war paychology are scattered over Europe, and will not disappear very soon. But Italy, even less than other countries.

CAN RELY ON ARMY.

the army.

without the least reactionar; To an inquiry about the rumor that D'Annunzio pians a march from Fiume through Italy, Giolitti said: "D'Annunzio has not moved a ster out of Fiume, nor will he if he underbelieves in any militarist policy, the

stands the temper of the country.' Suspends Rail Schedules.

"The country and the government can rely on the absolute discipline of The Interstate Commerce Commission today suspended until April 14. "Your paper, discussing our recent schedules which would have in-troubles among the metal workers creased water-competitive rates on has been clearly thant there is no revo- lumber and forest products from automobile. lution. Our working classes are points in Virginia to points in New gradually securing their economic Jersey on the Central Railroad of that he appreciates the offer but derights. I do not fear them. I sup- New Jersey.

SEEMS LIKE CHRISTMAS TO GOV. CALVIN COOLIDGE

BOSTON, Nov. 30 .- Vice President lect Coolidge has been given a su of clothes by the wool growers of western Massachusetts, a pair of shoes made up by the skilled artisans of Brockton, and he has received numerous gifts ranging from a fourleaf clover to the buckeye sent him by Mrs. Warren G. Harding, but the latest of all came, when an enthusiast out in Ardmore, Okla, asked for the pleasure of giving Mrs. Coolidge an Governor Coolidge sent back word

Santa Speaks:

"Travel the pathway of Thrift," and begin planning for next Christmas now, by joining this

Christmas Savings Club As little as a quarter, deposited every week—and no one will miss a quarter-will amount to \$12.50 by next Christmas. You can choose from any of these plans, and begin at once if you

> Five-Dollar Class Requires a deposit of \$5.00 cach week for the next 50 weeks. On December 10, 1921, you will receive a check for \$250.00.

One-Dollar Class Requires a deposit of \$1.00 each week for the next 50 weeks. On December 10, 1921, you will receive a check for \$50.00.

Two-Dollar Class Fifty-Cent Class Requires a deposit of \$2.00 each week for the next 50 weeks. On December 10, 1921, you will receive a check for \$100.00. Requires a deposit of 50 cents each week for the next 50 weeks. On December 10, 1921,

Twenty-Five Cent Class Requires a deposit of 25 cents each week for the next 50 weeks. On December 10, 1921, you will receive a check for \$12.50.

Make a deposit today. Everybody welcome.

Terminal Commercial & Savings Bank

Special Attention to Commercial Accounts

John Brosnan, Jr., President. Franklin T. Baldwin, Cashier.

12th and H Streets

IT PAYS TO DEAL AT We Will Deliver Now or Store Your Purchase for Holiday BOTH SIDES OF 7TH AT K ST. "THE DEPENDABLE STORE" Delivery

Weekly or Monthly Club **Payments** Will Go Far Toward Paying for the Machine of Your Choice

No Better Christmas Gift for a Clever, Thrifty Woman No Better Opportunity to Buy Than in This

Sale of Sewing Machines

Buy her a Sewing Machine. A gift that will be appreciated for a lifetime. Make your selection now. We have the following well known makes in stock, and they are offered at much below the established The White, Standard, Willard, Domestic, Singer, Eldredge and

Electric Portable Machines Some are demonstrating machines and floor samples, and are slightly marred on the cases. All are in perfect sew-







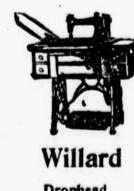
(Used Machine) \$45.00

The Sit-Rite

let us demonstrate the easy-running Sit-Rite Domestic



\$58.50



Drophead



\$39.00

Ball-Bearing \$70.00

Think of the advantage of buying here. Plus the

lower prices and easier terms, there is that one big Domestic -is, in our opinion, the most practical sewing machine for a woman to use. As the name implies, you sit right. Right in front of your needle. No leaning to see your work. Suppose you

advantage of being able to compare all the best machines side by side. The machine you select after such a comparison is sure to please.

Hemstitching, 10c a yard. All makes of sewing machines repaired. Needles, Oil and Belts for all makes of sewing machines.